

Introduction

Meal Patterns

All Child Nutrition Program meal patterns follow a food-based menu planning approach. This approach requires specific amounts of foods be served daily in accordance with the meal pattern. The specific amounts of foods included in the meal pattern requirements ensure that program participants receive access to a variety of foods each day which contribute to a healthy diet. The meal pattern requirements for each Child Nutrition Program are provided in Charts 1-4D. See the Interim Final Rule Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements (82 FR 56703), which provides State agencies discretion to grant whole grain-rich exemptions through school year 2018-2019. For additional guidance, please contact your State agency.

Chart 1: National School Lunch Program (NSLP) and School Breakfast Program (SBP)

Chart 1 presents the food-based meal pattern for the NSLP and SBP. To allow for age-appropriate school meals, USDA requires schools to use grade groups K-5, 6-8, and 9-12 to plan menus in the NSLP and SBP. Schools are provided the flexibility to use one meal pattern for students in grades K through 8 as food quantity requirements for groups K-5 and 6-8 overlap, provided the school meets the calorie, saturated fat, and sodium standards for each of the grade groups receiving the school meals.

Chart 2: NSLP Afterschool Snack Service

Schools may serve reimbursable supplemental snacks to children in an eligible NSLP Afterschool Snack Service. Chart 2 provides the food components and minimum serving size requirements for afterschool snacks.

Chart 3: Summer Food Service Program (SFSP)

Chart 3 presents the breakfast, lunch, and supper meal patterns for the SFSP.

Charts 4A, B, C, and D: Child and Adult Care Food Program (CACFP)

USDA revised the CACFP meal patterns in early 2016. Child care providers in the CACFP centers and day care homes must comply with the updated meal pattern requirements by October 1, 2017. The FBG provides information based on these updated meal pattern requirements.

Charts 4A, B, and C present the CACFP child and adult meal patterns for breakfast, lunch/supper, and snacks.

Chart 4D presents the CACFP infant meal patterns for breakfast, lunch, supper and snacks. Please note that the FBG does not include yields for infant formulas or other commercially prepared infant foods.

Chart 1: National School Lunch Program (NSLP) and School Breakfast Program (SBP)

Meal Pattern	Breakfast			Lunch		
Grades	K - 5 ¹	6 - 8 ¹	9 - 12 ¹	K - 5	6 - 8	9 - 12

Amount of Food² Per Week (Minimum per day)

Fruits (cups) ^{3,4}	5 (1) ⁵	5 (1) ⁵	5 (1) ⁵	2-1/2 (1/2)	2½ (1/2)	5 (1)
Vegetables (cups) ^{3,4}	0	0	0	3-3/4 (3/4)	3-3/4 (3/4)	5 (1)
➤ Dark Green ⁶	0	0	0	1/2	1/2	1/2
➤ Red/Orange ⁶	0	0	0	3/4	3/4	1-1/4
➤ Beans and Peas (Legumes) ⁶	0	0	0	1/2	1/2	1/2
➤ Starchy ⁶	0	0	0	1/2	1/2	1/2
➤ Other ^{6,7}	0	0	0	1/2	1/2	3/4
Additional Vegetable to Reach Total ⁸	0	0	0	1	1	1 1/2
Grains (oz eq) ⁹	7-10 (1) ¹⁰	8-10 (1) ¹⁰	9-10 (1) ¹⁰	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	0 ¹¹	0 ¹¹	0 ¹¹	8-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk (cups) ¹²	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)

Other Specifications: Daily Amount Based on the Average for a 5-Day Week

Min - Max calories (kcal) ^{13,14, 15}	350-500	400-550	450-600	550-650	600-700	750-850
Saturated Fat (% of total calories) ^{14, 15}	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg) ^{14, 16}	< 430	< 470	< 500	< 640	< 710	< 740
Trans fat ^{14, 15}	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.					

¹ In the SBP, the above age-grade groups are required beginning July 1, 2013 (SY 2013-14).

² Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is 1/8 cup.

³ One quarter cup of dried fruit counts as 1/2 cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

⁴ For breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans/peas (legumes) or "Other vegetables" subgroups as defined in §210.10(c)(2)(iii).

⁵ The fruit quantity requirement for the SBP (5 cups/week and a minimum of 1 cup/day) is effective July 1, 2014 (SY 2014-2015).

⁶ Larger amounts of these vegetables may be served.

⁷ This category consists of "Other vegetables" as defined in §210.10(c)(2)(iii)(E). For the purposes of the NSLP, "Other vegetables" requirement may be met with any additional amounts from the dark green, red/orange, beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).

⁸ Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

⁹ At least half of the grains offered must be whole grain-rich in the NSLP beginning July 1, 2012 (SY 2012-2013), and in the SBP beginning July 1, 2013 (SY 2013-2014). All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014 (SY 2014- 15).

¹⁰ In the SBP, the grain ranges must be offered beginning July 1, 2013 (SY 2013-2014).

¹¹ There is no separate meats/meat alternates component in the SBP. Beginning July 1, 2013 (SY 2013-2014), schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

¹² Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

¹³ The average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

¹⁴ Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

¹⁵ In the SBP, calories and trans fat specifications take effect beginning July 1, 2013 (SY 2013-2014).

¹⁶ Final sodium specifications are to be reached by SY 2022-2023 or July 1, 2022. Intermediate sodium specifications are established for SY 2014-2015 and 2017-2018. See required intermediate specifications in § 210.10(f)(3) for lunches and §220.8(f)(3) for breakfast.

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Chart 2: National School Lunch Program Meal Pattern for Afterschool Snacks Service

Select two of the four components for a reimbursable meal				
Meal Components ¹		Children Ages 1 - 2	Children Ages 3 - 4	Children Ages 6 - 12 ¹
Milk	Fluid milk	4 fl oz (1/2 cup)	4 fl oz (1/2 cup)	8 fl oz (1 cup)
Vegetables or Fruit ²	Juice ² , fruit, and/or vegetable	1/2 cup	1/2 cup	3/4 cup
Grains/Breads ^{3, 4} (Select one)	Bread	1/2 slice	1/2 slice	1 slice
	Cornbread/biscuit/roll/muffin	1/2 serving	1/2 serving	1 serving
	Cold dry cereal ⁴	1/4 cup or 1/3 oz	1/3 cup or 1/2 oz	3/4 cup or 1 oz
	Cooked cereal grains	1/4 cup	1/4 cup	1/2 cup
	Pasta/noodles	1/4 cup	1/4 cup	1/2 cup
Meats/Meat Alternates ^{5, 6, 7} (Select one)	Meat/poultry/fish ⁵	1/2 oz	1/2 oz	1 oz
	Alternate protein products ⁶	1/2 oz	1/2 oz	1 oz
	Cheese	1/2 oz	1/2 oz	1 oz
	Egg (large)	1/2 large egg	1/2 large egg	1/2 large egg
	Cooked dry beans/peas	1/8 cup	1/8 cup	1/4 cup
	Peanut/other nut/seed butters	1 Tbsp	1 Tbsp	2 Tbsp
	Nuts and/or seeds ⁷	1/2 oz ⁷	1/2 oz ⁷	1 oz
	Yogurt ⁸	2 oz (1/4 cup)	2 oz (1/4 cup)	4 oz (1/2 cup)

¹ Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.

² Serve two or more kinds of vegetable(s) and/or fruit(s). Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.

³ Grains/Breads must be whole grain or enriched, or made from whole grain or enriched flour or meal that may include bran and/or germ. Cereal must be whole grain, enriched, or fortified.

⁴ Either volume (cup) or weight (oz), whichever is less.

⁵ A serving consists of the edible portion of cooked lean meat or poultry or fish.

⁶ Alternate protein products must meet requirements in Appendix A of 7 CFR Part 210.

⁷ Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

⁸ Yogurt may be plain or flavored, unsweetened or sweetened – commercially prepared.

Chart 3: Summer Food Service Program Meal Pattern for Children

Select the appropriate components for a reimbursable meal

Meal Component		Breakfast, Serve all 3	Lunch/Supper, Serve all 4	Snacks, Serve 2 of 4
Milk ^{1, 2}	Fluid milk	8 fl oz (1 cup) ¹	8 fl oz (1/2 cup) ²	8 fl oz (1 cup) ¹
Vegetables or Fruit ^{3, 4, 5}	Juice, fruit, and/or vegetable	1/2 cup ³ (juice must be full-strength)	3/4 cup ⁴	3/4 cup ^{3, 5} (juice must be full-strength)
Grains/Breads ^{6, 7} (Select one)	Bread	1 slice	1 slice	1 slice
	Cornbread/biscuit/roll/muffin	1 serving	1 serving	1 serving
	Cold dry cereal ⁷	3/4 cup or 1 oz ⁷	N/A	3/4 cup or 1 oz ⁷
	Hot cooked cereal	1/2 cup	1/2 cup	1/2 cup
	Cooked pasta/noodles/grains	1/2 cup	1/2 cup	1/2 cup
Meats/Meat Alternates ^{8, 9, 10, 11, 12} (Select one)	<i>Optional</i>			
	Meat/poultry/fish ⁵	1/2 oz	1/2 oz	1 oz
	Lean meat/poultry/fish ⁸	1/2 oz	1/2 oz	1 oz
	Cheese	1 oz	2 oz	1 oz
	Egg (large)	1/2 large egg	1 large egg	1/2 large egg
	Cooked dry beans/peas	1/4 cup	1/2 cup	1/4 cup
	Peanut/other nut butters	2 Tbsp	4 Tbsp	2 Tbsp
	Nuts and/or seeds ¹¹	N/A	1 oz = 50% ^{10, 11}	1 oz ¹¹
	Yogurt ¹²	4 oz (1/2 cup)	8 oz (1 cup)	4 oz (1/2 cup)

¹ For Breakfast or Snack, fluid milk shall be served as a beverage, or on cereal, or use part of it for each purpose.

² For Lunch or Supper, fluid milk shall be used as a beverage.

³ Fruit or vegetable juice must be full-strength for Breakfast and Snacks.

⁴ For Lunch or Supper, serve two or more kinds of vegetable(s) and/or fruit(s). Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement. ⁵ Juice may not be served to fulfill the vegetable or fruit component at snack

⁵ when milk is served as the only other component.

⁶ Grains/Breads must be enriched or whole grain, or made from whole grain or enriched flour or meal that may include bran and/or germ. Cereal must be whole grain or enriched or fortified.

⁷ Either volume (cup) or weight (oz), whichever is less.

⁸ A serving consists of the edible portion of cooked lean meat or poultry or fish.

⁹ Alternate protein products must meet requirements in Appendix A of 7 CFR Part 225.

¹⁰ Nuts and seeds may meet no more than one-half of the total meat/meat alternate to fulfill the lunch or supper requirement.

¹¹ Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

¹² Yogurt must be commercially prepared, and may be plain or flavored, unsweetened, or sweetened.

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Chart 4A: Child and Adult Care Food Program Meal Pattern for Children and Adults: Breakfast

Select all three components for a reimbursable meal

Meal Component ²			Minimum Quantities				
			Ages 1 - 2	Ages 3 - 5	Ages 6 - 12	Ages 13 - 18 ¹ (at-risk afterschool programs and emergency shelters)	Adult
Fluid Milk ³			4 fl oz	6 fl oz	8 fl oz	8 fl oz	8 fl oz
Vegetables, fruits, or portions of both ⁴			1/4 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
Grains (oz eq) ^{5, 6, 7} (Select one)	Whole grain-rich or enriched bread		1/2 slice	1/2 slice	1 slice	1 slice	2 slices
	Whole grain-rich or enriched bread product, such as biscuit, roll, muffin		1/2 serving	1/2 serving	1 serving	1 serving	2 servings
	Whole grain-rich, enriched or fortified cooked breakfast cereal ⁸ , cereal grain, and/or pasta		1/4 cup	1/2 cup	1/2 cup	1/2 cup	1 cup
	Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{8, 9}	Flakes or rounds	1/2 cup	1/2 cup	1 cup	1 cup	2 cups
		Puffed cereal	3/4 cup	3/4 cup	1-1/4 cup	1-1/4 cup	2-1/2 cups
		Granola	1/8 cup	1/8 cup	1/4 cup	1/4 cup	1/2 cup

¹ Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

² Must serve all three components for a reimbursable meal. Offer versus serve is an option for only adult and at-risk afterschool participants.

³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older and adults. For adult participants, 6 ounces (weight) or 3/4 cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

⁴ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁵ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁶ Meats and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one-ounce equivalent of grains.

⁷ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁸ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams of sucrose and other sugars per 100 grams of dry cereal).

⁹ Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served.

Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is 1/4 cup for children ages 1-2; 1/3 cup for children ages 3-5; 3/4 cup for children 6-12; and 1-1/2 cups for adults.

Chart 4B: Child and Adult Care Food Program Meal Pattern for Children and Adults: Lunch and Supper

Select all three components for a reimbursable meal

Meal Component ²		Minimum Quantities				
		Ages 1 - 2	Ages 3 - 5	Ages 6 - 12	Ages 13-18 ¹ (at-risk afterschool programs and emergency shelters)	Adult
Fluid Milk ³		4 fl oz	6 fl oz	8 fl oz	8 fl oz	8 fl oz ⁴
Meats/Meat Alternates (<i>Edible portion as served</i>)	Lean meat, poultry, or fish	1 ounce	1-1/2 ounces	2 ounces	2 ounces	2 ounces
	Tofu, soy products, or alternate protein products ⁵	1 ounce	1-1/2 ounces	2 ounces	2 ounces	2 ounces
	Cheese	1 ounce	1-1/2 ounce	2 ounces	2 ounces	2 ounces
	Large egg	1/2	3/4	1	1	1
	Cooked dry beans or peas	1/4 cup	3/4 cup	1/2 cup	1/2 cup	1/2 cup
	Peanut butter or soy nut butter or other nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp	4 Tbsp
	Yogurt, plain or flavored unsweetened or sweetened ⁶	4 ounces or 1/2 cup	6 ounces or 3/4 cup	8 ounces or 1 cup	8 ounces or 1 cup	8 ounces or 1 cup
	The following may be used to meet no more than 50 percent of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meats/meat alternates (1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	1/2 ounce = 50%	3/4 ounce = 50%	1 ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetable ⁷		1/8 cup	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Fruits ^{7, 8}		1/8 cup	1/4 cup	1/2 cup	1/4 cup	1/2 cup
Grains (oz eq) ^{9, 10}	Whole grain-rich or enriched bread	1/2 slice	1/2 slice	1 slice	1 slice	2 slices
	Whole grain-rich or enriched bread product, such as biscuit, roll, muffin	1/2 serving	1/2 serving	1 serving	1 serving	2 servings
	Whole grain-rich, enriched or fortified cooked breakfast cereal ¹¹ , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup	1/2 cup	1 cup

¹ Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

² Must serve all five components for a reimbursable meal. Offer versus serve is an option for only adult and at-risk participants.

³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older and adults. For adult participants, 6 ounces (weight) or 3/4 cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

⁴ A serving of fluid milk is optional for suppers served to adult participants.

⁵ Alternate protein products must meet the requirements in Appendix A to Part 226.

⁶ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁷ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁸ A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

⁹ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.

¹⁰ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grain.

¹¹ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).

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Chart 4C: Child and Adult Care Food Program Meal Pattern for Children and Adults: Snacks

Snack meal pattern for children and adults						
Meal Component ²		Minimum Quantities				
		Ages 1 - 2	Ages 3 - 5	Ages 6 - 12	Ages 13 - 18 ¹ (at-risk afterschool programs and emergency shelters)	Adult
Fluid Milk ³		4 fl oz	4 fl oz	8 fl oz	8 fl oz	8 fl oz
Meats/Meat Alternates (Edible portion as served)	Lean meat, poultry, or fish	1/2 ounce	1/2 ounce	1 ounce	1 ounce	1 ounce
	Tofu, soy products, or alternate protein products ⁴	1/2 ounce	1/2 ounce	1 ounce	1 ounce	1 ounce
	Cheese	1/2 ounce	1/2 ounce	1 ounce	1 ounce	1 ounce
	Large egg	1/2	1/2	1/2	1/2	1/2
	Cooked dry beans or peas	1/8 cup	1/8 cup	1/4 cup	1/4 cup	1/4 cup
	Peanut butter or soy nut butter or other nut or seed butters	1 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp
	Yogurt, plain or flavored unsweetened or sweetened ⁵	2 ounces or 1/4 cup	2 ounces or 1/4 cup	4 ounces or 1/2 cup	4 ounces or 1/2 cup	4 ounces or 1/2 cup
	Peanuts, soy nuts, tree nuts, or seeds	1/2 ounce	1/2 ounce	1 ounce	1 ounce	1 ounce
Vegetables ⁶		1/2 cup	1/2 cup	3/4 cup	3/4 cup	1/2 cup
Fruits ⁶		1/2 cup	1/2 cup	3/4 cup	3/4 cup	1/2 cup
Grains (oz eq) ^{7,8}	Whole grain-rich or enriched bread	1/2 slice	1/2 slice	1 slice	1 slice	1 slice
	Whole grain-rich or enriched bread product, such as biscuit, roll, muffin	1/2 serving	1/2 serving	1 serving	1 serving	1 serving
	Whole grain-rich, enriched or fortified cooked breakfast cereal, ⁹ cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup	1/2 cup	1/2 cup
	Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{9, 10}	Flakes or rounds	1/2 cup	1 cup	1 cup	1 cup
		Puffed cereal	3/4 cup	1-1/4 cup	1-1/4 cup	1-1/4 cup
		Granola	1/8 cup	1/4 cup	1/4 cup	1/4 cup

- 1 Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.
- 2 Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.
- 3 Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older and adults. For adult participants, 6 ounces (weight) or 3/4 cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.
- 4 Alternate protein products must meet the requirements in Appendix A to Part 226.
- 5 Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- 6 Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- 7 At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.
- 8 Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.
- 9 Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams of sucrose and other sugars per 100 grams of dry cereal).
- 10 Beginning October 1, 2019, the minimum serving sizes specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is 1/4 cup for children ages 1-2; 1/3 cup for children ages 3-5; 3/4 cup for children 6-12; and 1-1/2 cups for adults.

**Chart 4D: Child and Adult Care Food Program Infant Meal Patterns:
Infant Meal Pattern**

Meal	Infants: Birth through 5 months	Infants: 6 through 11 months
Breakfast, Lunch, or Supper	4-6 fluid ounces breastmilk ¹ or formula ²	6-8 fluid ounces breastmilk ¹ or formula ² ; and 0-4 tablespoons infant cereal ^{2,3} , meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-4 ounces or 1/2 cup of yogurt ⁴ or a combination of the above ⁵ ; and 0-2 tablespoons vegetable or fruit or a combination of both ^{5,6}
Snack	4-6 fluid ounces breastmilk ¹ or formula ²	2-4 fluid ounces breastmilk ¹ or formula ² ; and 0-1/2 slice bread ^{3,7} ; or 0-2 crackers ^{3,7} ; or 0-4 tablespoons infant cereal ^{2,3,7} or ready-to-eat breakfast cereal ^{3,5,7,8} ; and 0-2 tablespoons vegetable or fruit, or a combination of both ^{5,6}

¹ Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

² Infant formula and dry infant cereal must be iron-fortified.

³ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁴ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁵ A serving of this component is required when the infant is developmentally ready to accept it.

⁶ Fruit and vegetable juices must not be served.

⁷ A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

⁸ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams of sucrose and other sugars per 100 grams of dry cereal).